



SWEET POTATO AND LEEK SOUP

Sweet and creamy comfort food

 15 minutes

 1 hour

 6 portions

INGREDIENTS

- 500 grams of leeks (bulb and lower-leaf portion), raw (about 4 medium leeks)
- 1 cup, chopped of onions, raw (160 g)
- 2 cube of soup, chicken broth or bouillon, dry (8 g) désolve in 5 cups of hot water or 5 cups of soup, chicken broth, low sodium, canned (1200 g)
- 1/2 tsp of salt, table (3 g)
- 1/4 tsp, ground of spices, pepper, black (1 g)
- 1 tbsp of chives, freeze-dried (0 g)
- 600 grams of sweet potato, raw

COOKING METHOD

- 1° Combine potatoes, leeks, onion, broth, salt, and pepper in large pot or Dutch oven and bring to boil. Reduce heat and simmer, covered, until vegetables are tender, about 25 minutes. Remove pot from heat and let cool 10 minutes.
- 2° Pour soup into blender, in batches if needed, and blend until smooth. Return soup to pot and cook over low heat until heated through, about 2 minutes. Taste and season with salt and pepper, if needed.
- 3° Per serving: 1 1/3 cups
- 4° Sprinkle with chives when serving, Per serving: 1 1/3 cups
- 5° To clean leeks, trim the roots leaving the root ends intact. Cut the leeks lengthwise in half and fan open the layers. Swish the leeks in a large bowl of cool water to release any grit. Lift out the leeks and slice or chop as directed.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (311 g)	% DRI
ENERGY	53 kcal	166 kcal	8 %
FAT	0 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	141 mg	440 mg	18 %
CARBOHYDRATE	11 g	34 g	11 %
SUGARS	3 g	10 g	—
FIBER	2 g	6 g	22 %
PROTEIN	2 g	5 g	—